



# SELF CARE

## Idea List for APRIL



- ☐ **Drink one more glass of water every day. Water helps your body rid itself of waste, burn fat, maintain muscle tone, and is the best treatment for fluid retention.**



- ☐ **Get those tax returns in!**

- ☐ **April is Cancer Control Month. Read the "Avoiding Illness" section in your "Take Care of Yourself" book. It talks about cancer prevention. Learn and practice self exams (BSE, TSE skin and oral cancer).**

- ☐ **Pick an exercise you really enjoy, and one that has relatively few barriers to doing. You'll be more likely to make it a regular part of your lifestyle.**



- ☐ **Choose a favorite family recipe and modify it to make it healthier.**



- ☐ **Try this simple foot exercise to prevent sore arches: Roll a golf ball under the balls of your bare feet for 2 minutes - do daily.**

- ☐ **Learn to live one day at a time; every day is precious and valuable; seize the day.... enjoy it!**

- ☐ **Get eye exams for you or family members who need them.**

